

New Graduate Student Orientation



David Lafferty

Professional Development and Outreach Coordinator



Carleton
University

Graduate
Studies

Introduction to Graduate Studies at Carleton



[Grad School 101](#)



[Academic Development](#)



[Professional Development](#)



[In Brief: Essential Links](#)

Welcome to **Graduate Studies at Carleton University!**

Graduate school is an adventure, and whether you are entering a Master's or PhD program, you probably have a lot of questions about what lies ahead. Karim Abuawad and David Lafferty, professional development coordinators in Graduate Studies, have created a guide that will answer some of those questions and help you start your journey.

Grad School 101 addresses some of the more immediate and practical questions you might have.

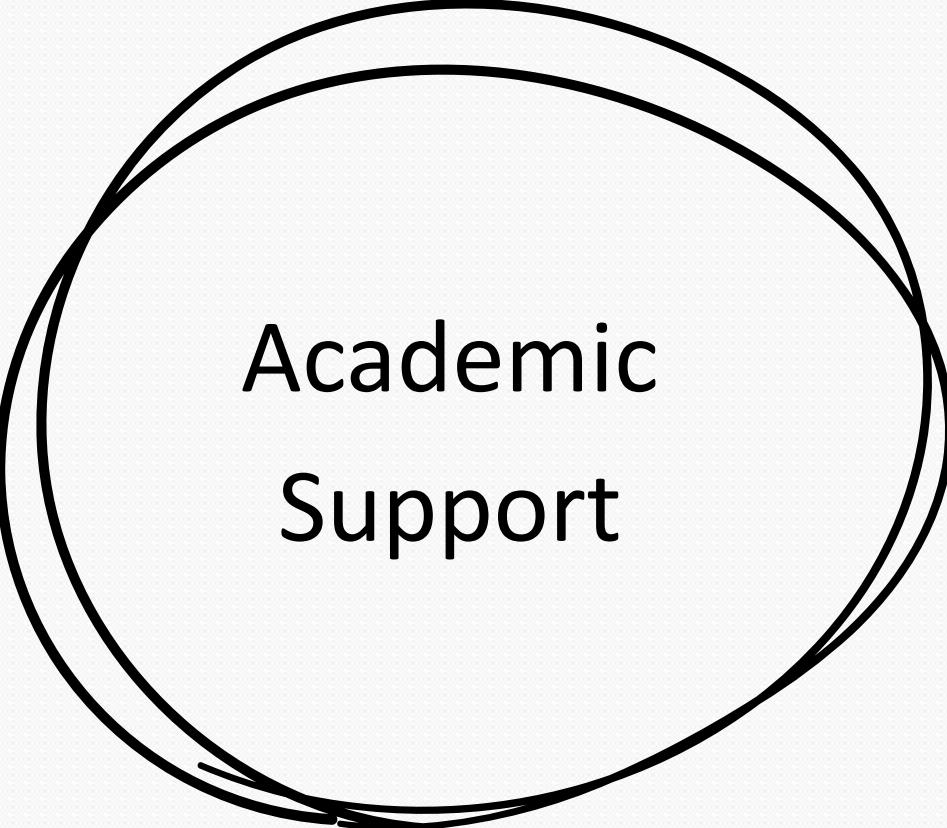
Academic Development answers questions regarding the fundamentals of academic work in research and writing.





Administration

- Your **department** and **faculty** (FASS, FPGA, Sprott, Science, or FED)
- **Graduate Studies**
 - Awards and funding
 - Thesis & dissertation forms and policies
 - Other dates and deadlines
 - [TheGraduate@Carleton](#) weekly newsletter
- **Academic Relations Coordinator** & **CUPE 4600**
- **Global Opportunities & International Student Services Office**



Academic Support

- Make [**MacOdrum Library**](#) your research home base
- [**Centre for Student Academic Support**](#)
- [**Teaching and Learning Services**](#)



Professional Development

- Visit carleton.ca/gradpd
- We work in cooperation with [Career Services](#)



Community and Health

- [**Graduate Students' Association**](#)
- [**International Student Services Office**](#)
- [**Health and Counselling Services**](#)
- Take time for exercise, hobbies, fun
- Pay attention to your mental wellness and physical health

@gsacarleton

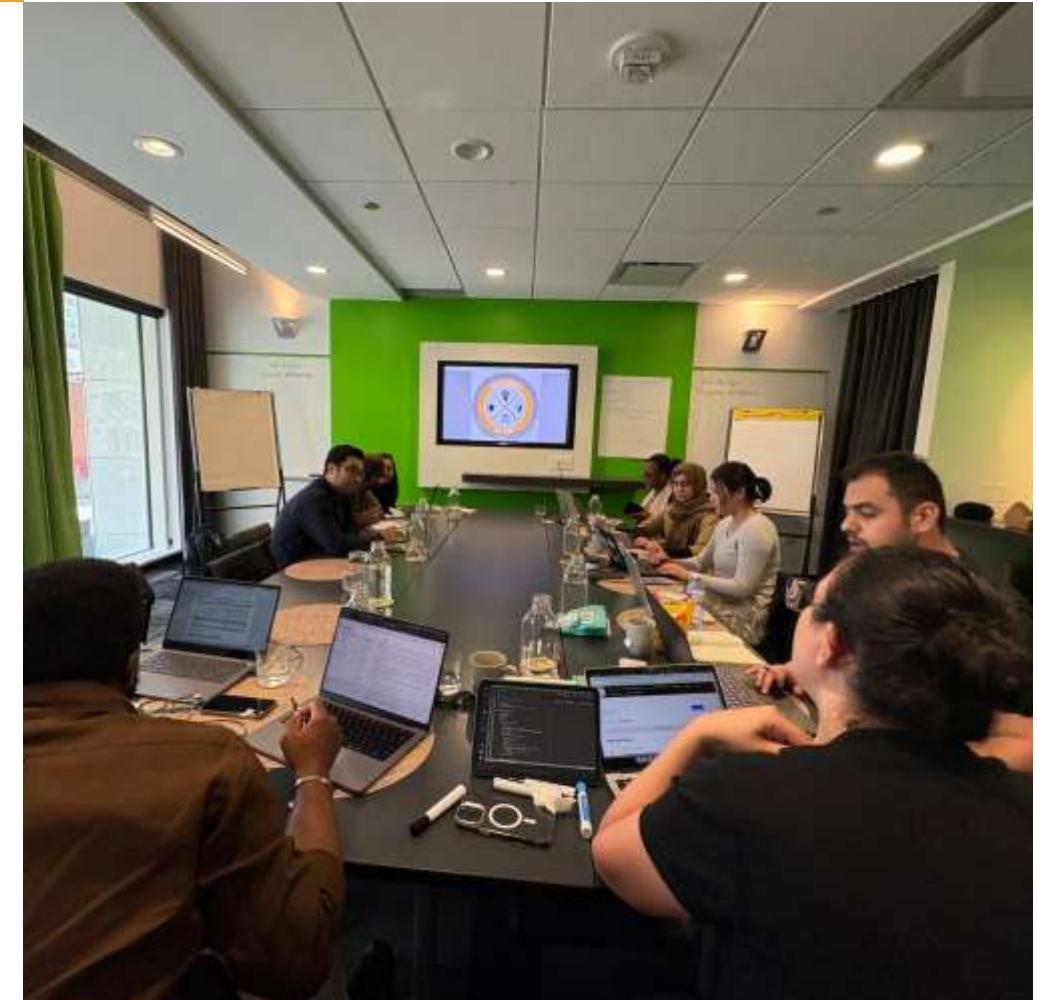


Meet the GSA

Winter 2026

○ @gsacarleton

🌐 <https://gsacarleton.ca>





Graduate Students' Association (GSA)
600 Nideyinàn, Carleton University
(613) 520-6616
gsa@gsacarleton.ca
<https://gsacarleton.ca>
IG @gsacarleton

What Is The GSA?

By Students
For Students!

- The **GSA** is an independent student body representing all graduate students (full time and part time) at Carleton University.
- The **GSA** offers a wide range of services to support graduate students.
- The **GSA** advocates for graduate student interests within the university and at the local, provincial, and national levels.
- The **GSA** is a community built by and for grad students. It is your home away from home, where you connect with like minded peers.



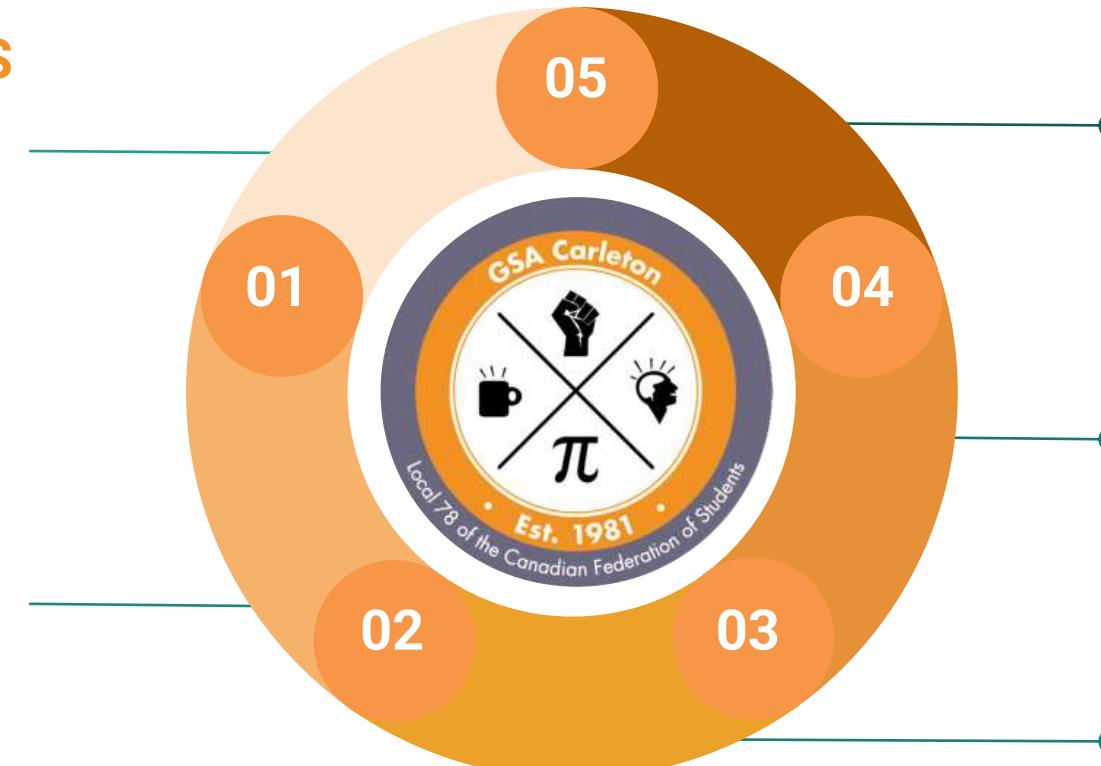
GSA Services

ADVOCACY & EVENTS

- Welcome week
- Community Garden
- Canadian Federation of Students
- Events and free merch

SERVICES

- FOOD HAMPER
- Mike's Place Pub
- GSA lounge
- Board room booking
- Coffee and tea
- Free printing & scanning



GRANTS & AWARDS

- Scholarships
- Grants
- Professional Development Support Program

HEALTH PLAN

- Dental
- Prescription
- Vision

SUPPORT PROGRAMS

- Peer Support Program
- Sexual Assault Outreach Program



Grants and Awards

- Academic Scholarships
- Equity and Accessibility Awards
- Emergency and Health-Related Grants
- Research and Conference Support
- Recognition Awards
- Professional Development Support Program

By Students
For Students!



More Opportunities

- Volunteering
- Student Job Opportunities
- Networking and Community!





Health Plan

 **GreenShield**

- Access to Greenshield App
- Mental health coverage
- Travel Insurance (emergency medical coverage)
- Accident insurance
- Paramedical coverage

Winter Opt-in: Jan. 1 to Jan. 31



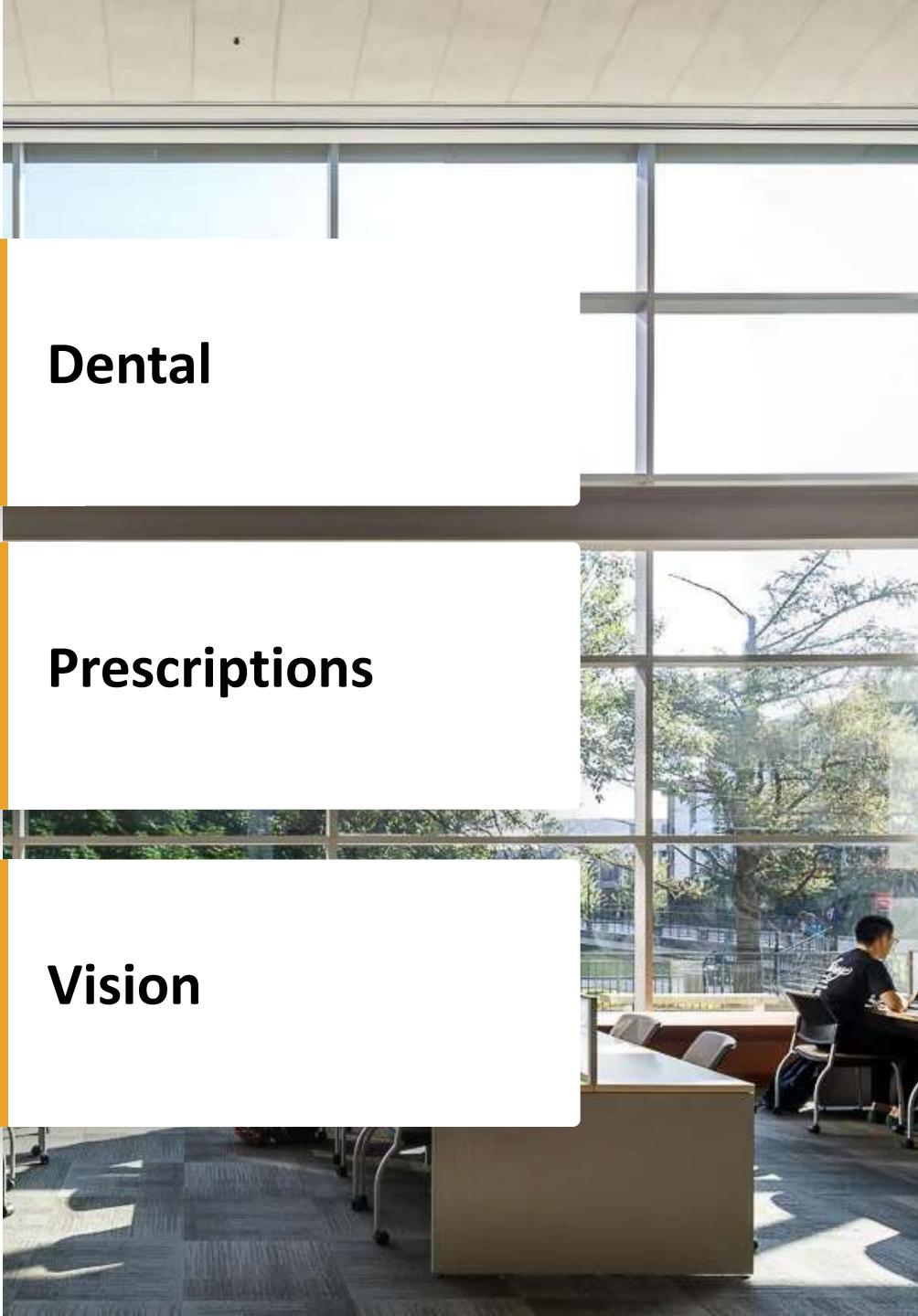
Dental



Prescriptions



Vision





GSA Welcome Weeks

Breakfast

JANUARY
12TH

Breakfast with GSA
Executives

⌚ Time: 10:30 AM –
12:00 PM

📍 Location:
GSA Lounge



JANUARY
13TH

UHIP workshop

⌚ Time: 10:00 AM –
11:00 AM

📍 Location:
Virtual



JANUARY
14TH

Trivia Night

⌚ Time: 7:00 PM –
8:30 PM

📍 Location:
Mike's Place



JANUARY
16TH

Graduate Grants &
Awards

⌚ Time: 12:00 PM –
1:00 PM

📍 Location:
Virtual



Follow Us On
Instagram!





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600 Nideyinàn, Carleton University
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gsa@gsacarleton.ca
<https://gsacarleton.ca>
IG @gsacarleton

Mike's Place is now Open!

Need a venue on campus for events?

Mike's place got you covered with venue, community, music and catering!



For over 40 years, Mike's Place Pub has been your grad-owned and operated pub on campus.

For venue booking, contact Steph at mikesplace@gsacarleton.ca

Location and Hours

Mike's is located at 209 Nideyinàn (Former UC) at Carleton University.
Mon - Wed 11:30 - 17:00
Thu - Fri 11:30 - 19:00



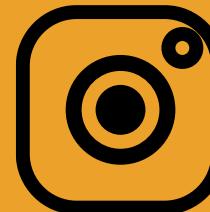
By Students
For Students!



@GSACARLETON



www.gsacarleton.ca



@gsacarleton



[\(613\) 520-6616](tel:(613)520-6616)

Maddi Bruining

Academic Relations Coordinator, Office of the Deputy Provost
(Academic Operations and Planning)

David Jackson and Alparslan Ozturk

MacOdrum Library

Welcome to MacOdrum Library!

We're excited to see you!

Winter 2026

General Library Information

- MacOdrum Library | Carleton University: <https://library.carleton.ca/>
 - Borrow and Access Materials
 - Loan up to 500 items max for 120 days.
 - Interlibrary Loans
 - Account assistance, connection problems, etc.
 - Access to global collections including medical, science, engineering, arts and humanities
 - Digital articles within 24 hours
 - Research support
 - Scholarly Publishing and Copyright

The Building

- Buildings Hours:
 - Mon -Thurs: 7:30am – midnight
 - Fri: 7:30am – 9pm
 - Sat: 10am – 9pm
 - Sun: 10am – midnight
- Physical Space
 - Silent study space
 - Floors 3 & 5
 - Study rooms
 - [bookable](#)
 - Graduate study rooms, 5th floor
 - first come, first serve

Access to print and e-resources

- Accessing materials: Carleton + Omni Libraries, **Beyond** Carleton +Omni
 - Physical items
 - Chapters, articles
 - Interlibrary Loans
- Digitization Service for Carleton materials
- Hard to locate items?
 - Blank request form
- Harvard Business Review for Educators
- Questions? Contact LibraryServices@cunet.carleton.ca

General Research Support

- In-Person Research Help:
 - Mon-Wed: 10am-6pm
 - Thurs-Fri: 10am-4pm
- Chat or Text help:
 - Mon – Thurs: 10am – 10pm
 - Fri: 10am – 5pm
 - Sat & Sun: 12pm – 6pm
- 1-1 Research Consultations:
 - On Demand
- Library webpages:
 - [Subject Guides](#)
 - [Course Guides](#)
 - [Citation Guides](#)
 - [Research Help](#)
- Contact Us:
 - Subject Specialists:
<https://library.carleton.ca/services/research-help#specialists>
 - General Email: askthelibrary@carleton.ca

Scoping Reviews

- Identify/clarify concepts, definitions, available research, and gaps
- A systematic approach to gathering, sorting, selecting and synthesizing studies
- Akin to a literature review in a thesis
- Stand-alone publication
- Support and tools available to support scoping reviews, systematic reviews and other evidence synthesis methodologies
- <https://library.carleton.ca/guides/subject/systematic-reviews-and-other-knowledge-syntheses>

Scholarly Communication & Copyright Services

Copyright, Author Rights & Agreements

Supporting graduate students as users and creators of copyrighted materials

- Navigating permissions, licenses and use agreements
- Requesting permissions
- Fair Dealing consultation and analyses
- Theses / Dissertations - mandatory deposit support
- Maintaining and managing your rights
- Navigating publisher & author agreements

→ Questions to: Copyright@Carleton.ca

Open Access Publishing & Deposit

Publication support and consultations, including:

- Strategizing publication and research communication activities
- Seeking open access (OA) publishing venues
- Assisting in grant compliance on OA and open data
- Evaluating predatory publishers, journals and conferences
- Providing repository services – for academic research outputs and creative works by Carleton authors
- OA publishing discounts and support

→ Questions to: Open-Access@library.carleton.ca

Resources & Training

Workshops and training

- Copyright, fair dealing & attribution
- Researcher profiles
- Impact metrics & alternatives
- Building research narratives
- Publishing & research communication

Web guides

Research consultations

Research Profiles, Identifiers & Metrics

Increasing profile & availability of research by:

- Using scholarly ID schemes (e.g., DOI, ORCID) for better discovery, citation, metrics & integration
- Consulting on metrics, assessments and use contexts
- Telling your research impact story
- Providing open, persistent access to research works
- Exploring & adapting to changing research modes and outputs

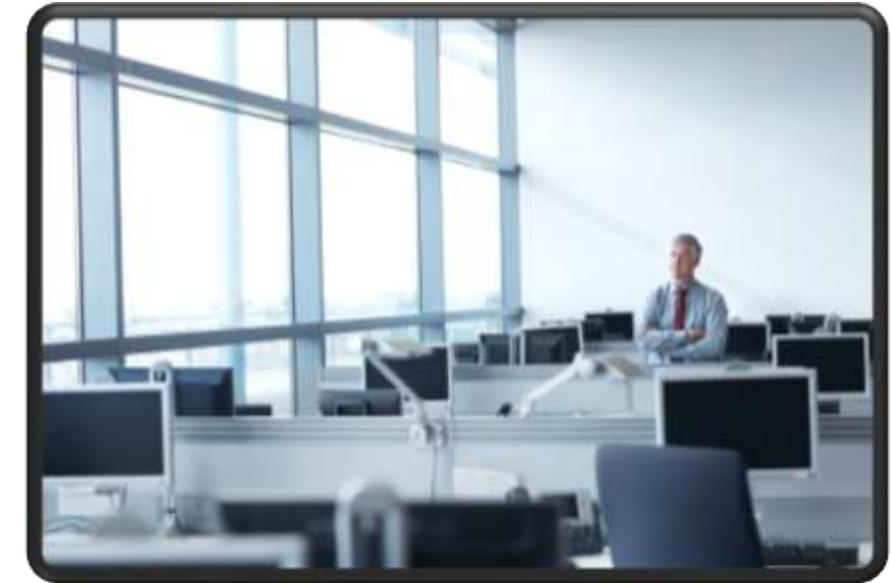
Make your research journey easier - plan ahead!

Email: open-access@library.carleton.ca & Copyright@Carleton.ca

Web: <https://library.carleton.ca/services/scholarly-communications>
& <https://library.carleton.ca/copyright-carleton>

Data Access and Help

- How to access all types of data
 - [Microdata and aggregate data](#)
 - [GIS Data](#)
 - [Government information](#)
- What type of help
 - Numeric and research data (SPSS, Stata): dataservices@carleton.ca
 - Qualitative data (including NVivo): qualitativedataservices@carleton.ca
 - GIS data: GIS@carleton.ca



Research Data Management

- Why?
 - To get funding from the Tri-Agencies
 - To defend your research
- Manage your data
 - Includes Data Management Plans
 - Help and consultations: rdm@library.carleton.ca
 - <https://library.carleton.ca/services/research-data-management>
- Data Storage and Repositories
 - Why, where and when to store your data
 - <https://library.carleton.ca/services/data-storage-and-repositories>

AI and Research Winter Workshops

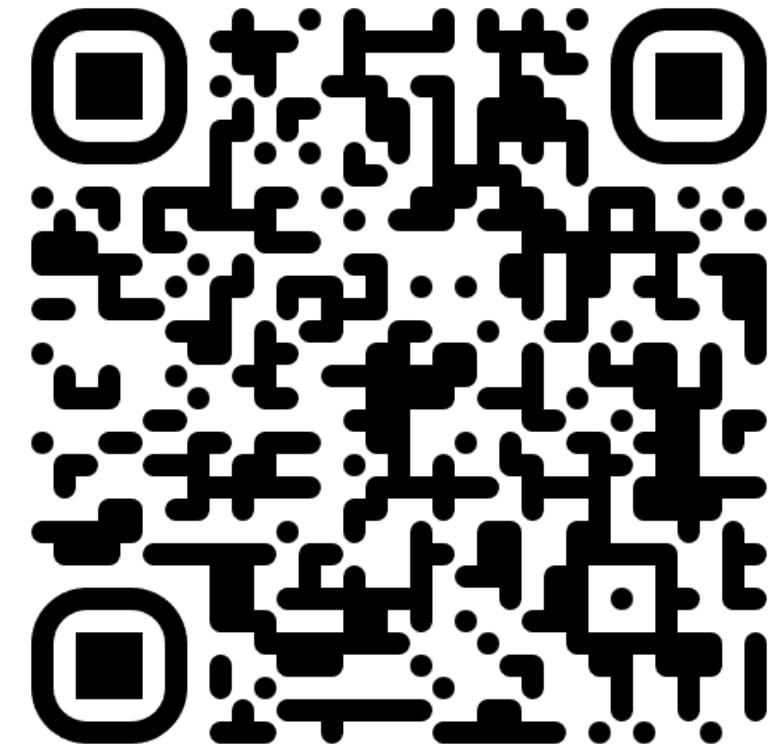
This winter, the Library is offering three courses to help undergraduate students better understand the ever-changing landscape of AI tools and the implications of their usage in a university setting.

The courses being offered include [AI Ethics in Research and Writing](#) (February 4, 2026, 12 to 2 p.m.), [Fact or fabrication? Navigating information in the AI era](#) (January 21, 2026, 12 to 2 p.m.) and [Managing Research Information](#) (January 28, 2026, 12 to 3 p.m.).

Registration is now open for all three courses and you are invited to register for one or two or all of the courses.

<https://library.carleton.ca/library-news/register-now-one-our-mini-courses-ai-usage>

Registration QR Code



Thank you!

MacOdrum Library: <https://library.carleton.ca/>

We're more than books!

Jennifer McPhee

Carleton Athletics

Fitness

Winter 2026



Fitness Centre



Fitness Centre

Hours: Monday – Friday 6am-10:45pm,
Saturday & Sunday 8am-8pm

Women Only Hours: 10am-11:30am

Lockers available

Gym Orientation: Book here
<https://athletics.carleton.ca/cu-facilities/fitness-centre/>

Use student card for access

Personal Training available with student discounts



Group Fitness

- **CUFIT (\$100/term)** – Drop in group fitness

Includes: 30+ classes/week

Yoga, Strength, Kickboxing, Zumba, Spin & Circuit Classes

- **Instructional** – Specific fitness programs

Adult Skating, Hockey, Muay Thai, Strength Training, Burlesque & more

INSTRUCTIONAL SCHEDULE						
WINTER 2026 (JAN 12 - MAY 3)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM - 12:00 PM LEARN TO SKATE BEG/INT 10:00 AM - 12:00 PM LEARN TO SKATE BEG/INT 12:00 - 12:50 PM SKATE & SCRIMMAGE 5:00 - 6:00 PM 12-WEEK BUILD 6:00 - 7:00 PM MUAY THAI & KICKBOXING 6:00 - 7:00 PM WOMEN ONLY STRENGTH 1.0 6:00 - 7:00 PM WOMEN ONLY STRENGTH 1.0 6:30 - 7:30 PM 12-WEEK BUILD 7:30 - 8:00 PM CO-ED STRENGTH	10:00 - 11:00 AM GOLF OFF- SEASON BUILD 10:00 AM - 12:00 PM GOLF OFF- SEASON BUILD 12:30 - 1:30 PM ICE HOCKEY BEG/INT 1:30 - 2:30 PM LEARN TO SKATE BEG/INT 6:00 - 7:00 PM WOMEN ONLY STRENGTH 1.0 6:00 - 7:00 PM WOMEN ONLY STRENGTH 1.0 6:30 - 7:30 PM 12-WEEK BUILD 7:00 - 8:00 PM 12-WEEK BUILD	9:00 - 9:50 PM LEARN TO SKATE BEG/INT 5:00 - 6:00 PM 12-WEEK BUILD 6:00 - 7:00 PM HEELS DANCE 6:00 - 7:25 PM WOMEN ONLY STRENGTH 1.0 6:00 - 7:00 PM MUAY THAI 6:30 - 7:30 PM WOMEN ONLY STRENGTH 1.0 6:30 - 7:30 PM WOMEN ONLY STRENGTH 2.0 7:30 - 8:30 PM WOMEN ONLY STRENGTH 2.0 7:30 - 8:30 PM WOMEN ONLY STRENGTH 1.0	10:30 AM - 12:00 PM FIGURE SKATING BEG/INT 12:00 - 12:00 PM LEARN TO SKATE BEG/INT 1:00 - 1:50 PM ICE HOCKEY BEG/INT 1:30 - 2:30 PM ADAPTIVE STRENGTH & FLEXIBILITY 6:00 - 7:25 PM WOMEN ONLY STRENGTH 2.0 6:30 - 7:30 PM BURLESQUE 6:30 - 8:00 PM KARATE (SHOTOKAN)	11:00 - 2:20 PM POWER SKATING 1:00 - 2:30 PM DYNAMIC KICKBOXING WOMEN ONLY 11:30 AM - 1:00 PM INTERMEDIATE DYNAMIC KICKBOXING WOMEN ONLY 1:00 - 2:30 PM KUNG FU WOMEN ONLY	10:30 - 11:30 AM DYNAMIC KICKBOXING WOMEN ONLY 11:30 AM - 1:00 PM INTERMEDIATE DYNAMIC KICKBOXING WOMEN ONLY 1:00 - 2:30 PM KUNG FU WOMEN ONLY	8:30 - 9:30 AM CARLETON TRI- CLUB: HAMMERTIME Carleton RAVENS

Open House Pilates Week



All Pilates classes are free to try from now until Jan 15



Early bird term discount promo until Jan 15



11 classes/week



[Schedule](#)

CUFIT Open House January 12 – January 17

- Come try any of our CUFIT classes!



Leagues & Intramurals



Intramurals

For Carleton Students Only

Sports Offered

- Soccer
- Basketball
- Volleyball
- Ultimate
- Flag Football
- Dodgeball
- Ice Hockey



Adult Leagues

For Community Members and Carleton Students

Sports Offered

- Soccer
- Basketball
- Volleyball



Intramurals and Adult Leagues Information

To see full schedule of available sports and to register, visit:

rec.carleton.ca



For any additional information or if you have any questions, please email:

leagues@carleton.ca



POOL SCHEDULE

FALL/WINTER 2025-26 (SEPT 1 - APRIL 30)



Carleton
RAVENS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6:00 - 7:30 AM
FITNESS SWIM
SHALLOW ONLY

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

4:30 - 6:00 PM
REC SWIM
WHOLE POOL

9:15 - 10:30 PM
REC SWIM
WHOLE POOL

7:30 - 9:00 AM
FITNESS SWIM
SHALLOW ONLY

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

1:15 - 2:30 PM
TRANS & ALLIES SWIM
DEEP ONLY

4:30 - 5:30 PM
REC SWIM
WHOLE POOL

9:15 - 10:30 PM
FITNESS SWIM
SHALLOW ONLY

6:00 - 7:30 AM
FITNESS SWIM
SHALLOW ONLY

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

1:25 - 2:30 PM
WOMEN ONLY
REC SWIM
WHOLE POOL

4:30 - 6:00 PM
REC SWIM
WHOLE POOL

9:15 - 10:30 PM
FITNESS SWIM
WHOLE POOL + LC*

7:30 - 9:00 AM
FITNESS SWIM
3 LANES + LC*

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL + LC*

4:30 - 5:30 PM
REC SWIM
WHOLE POOL

9:15 - 10:30 PM
FITNESS SWIM
SHALLOW ONLY

6:00 - 7:30 AM
FITNESS SWIM
SHALLOW ONLY

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

4:00 - 5:30 PM
REC SWIM
WHOLE POOL

1:30 - 2:30 PM
REC SWIM
WHOLE POOL

SUNDAY

10:15 - 11:15 AM
WOMEN ONLY
REC SWIM
WHOLE POOL

2:30 - 4:30 PM
REC SWIM
WHOLE POOL

*LC = LONG COURSE (6x50m set up)

SCHEDULE SUBJECT TO CHANGE

Download the Carleton University Ravens App, to view up-to date changes or cancellations.

Mobile App | Carleton Athletics

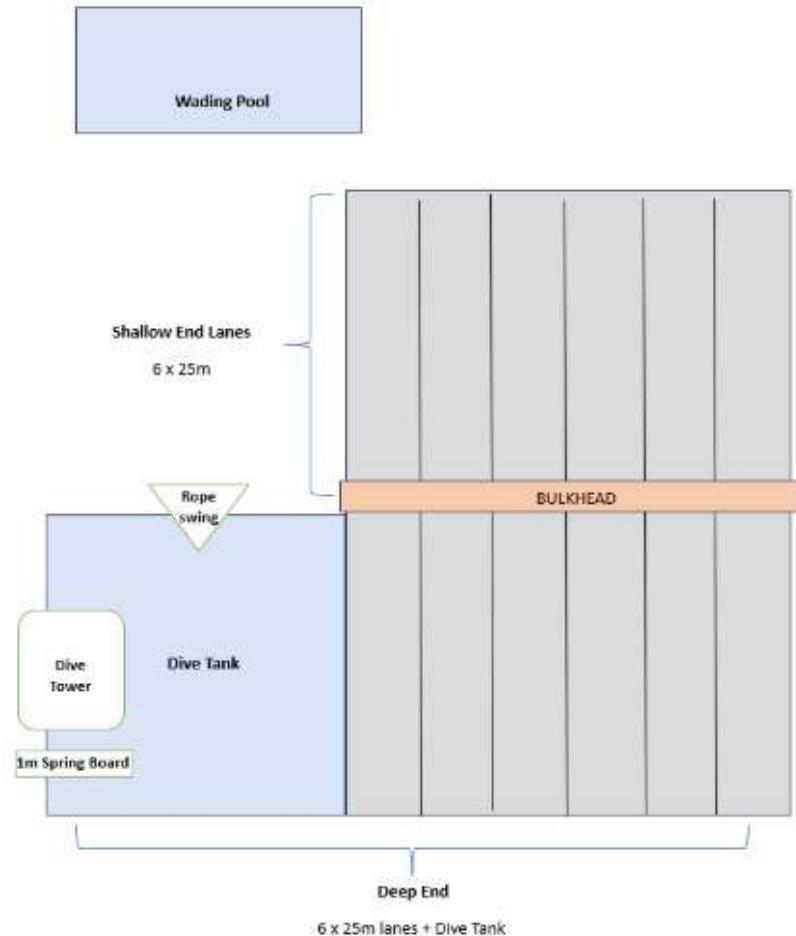
Carleton
University



Aquatic Programming

- ParaSwim
- Lifesaving & Advanced Leadership Certification
- First Aid and Airway Management
- SUP Fitness
- Masters Swim Program
- Children's Swim Program
- AquaFitness
- Adult Learn to Swim
 - Group Lesson
 - Private/Semi-private
 - Womens Only

Pool Rental



25% discount for academic groups

Additional information:

<https://athletics.carleton.ca/aquatics/>
Aquatics@carleton.ca

David Lafferty

Professional Development and Outreach Coordinator,
Graduate Studies

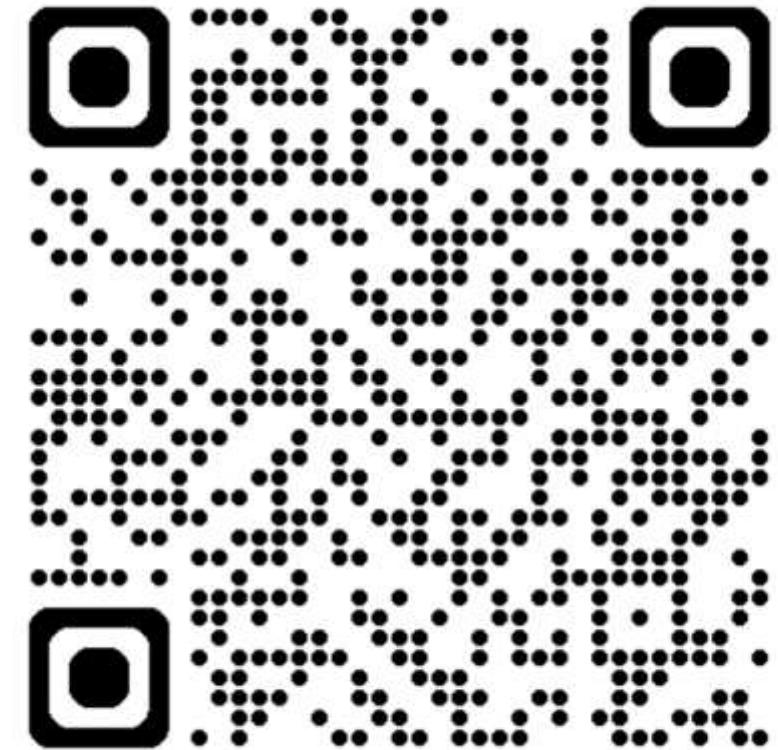


Carleton
University

Graduate
Studies

GradPD at Carleton

- GradPD mailing list
- Large calendar of PD workshops for all grad students and postdocs
- Trajectories certificates
- Communications competition(s)
- Info on PD resources
- Bookshelf
- 1:1 PD consultations



Sign up for our Professional Development email list
at <https://carleton.ca/gradpd/list/>

carleton.ca/gradpd

Trajectories Certificates Pathways

Core Workshops

Communications and Engagement	Research Management
<ul style="list-style-type: none">• Introduction to Knowledge Mobilization• Copywriting• Engaging Audiences through Storytelling• Using Social Media as an Academic• AI and the Knowledge Economy• The Future of (Your) Research	<ul style="list-style-type: none">• Introduction to Research Data Management• Stata: An Introduction• So you want to use GIS in your research...• Introduction to Citation Management: Mendeley and Zotero• Thesis and Dissertation Layout Made Easy• Coding for the Humanities• Etc.

Career Planning Webinars

Your Grad School Exit Plan
Employability Capital
Thinking About Skills
Opportunity Structures



Three Minute Thesis (3MT)

Photo from Provincial 3MT
contest in Kingston, ON,
courtesy of Allen Tian,
Queen's University



Dr. Onita Basu

Associate Vice-Provost (Graduate Awards and Professional Development)
Professor of Environmental Engineering in the Department of Civil and
Environmental Engineering



If you ever have questions or concerns,
talk to us!

We're here to help.

Graduate Studies, 512 Tory





Build your Carleton experience in less than 60 seconds

EXPLORE OUR GRADUATE PROGRAMS



Discover what Carleton can offer you

Carleton University